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ABSTRACT

The Leisure and Recreation Behavior Evaluation (LRBE) measure is intended for use by direct care staff of mentally handicapped adults. The LRBE evaluates an individual's level of independence for a leisure or recreation behavior on a 4-point rating scale for 30 aspects divided into six major categories: (1) the activity, (2) preparation and planning, (3) awareness of community structure, (4) communication skills, (5) social interaction, and (6) coping--management of feelings. The four points of the rating scale range from 1 indicating complete dependence upon others with no apparent recognition of the meaning of the activity to 4 indicating complete independence as expected of an adult. The evaluation is intended to allow care staff to monitor client progress in an activity and identify areas requiring further education and support. Instructions and sample evaluation forms are included. (DB)

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Leisure and Recreation Behavior Evaluation [1]

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The Leisure and Recreation Behavior Evaluation (LRBE) is targeted for care staff of mentally handicapped adults. The LRBE evaluates an individual's level of independence for a leisure or recreation behavior on a 4 point rating scale for 30 aspects of leisure or recreation activities. These 30 aspects are divided into 6 major categories consisting of 5 aspects each. The 6 categories are: (1) the activity, (2) preparation and plannning, (3) awareness of community structure, (4) communication skills, (5) social interaction and (6) coping - management of feelings. The 4 points of the rating scale range from 1 indicating complete dependence upon others with no apparent recognition of the meaning of the activity to 4 indicating complete independence as expected of an adult. The midpoints are as follows: a 2 indicates dependence upon others although an individual may have some comprehension of the activity and a 3 indicates some dependence upon others.

To use the LRBE care staff are to rate the 30 aspects from 1 to 4. If the aspect is not relevant to the activity an N/A is to be written in on the evaluation form. The total score refers to the sum of the ratings of all applicable aspects. The total possible score refers to the sum of the highest rating of independence possible for all aspects rated. This is a rating of 4 for each aspect excluding those which are not applicable. For example, consider the rating of independence for the activity 'Playing Baseball'. A particular individual is given a rating of 3 on all aspects except for 'Comprehends all financial needs and plans appropriately' under the category 'Preparation and Planning'. This aspect is not applicable (N/A) to the activity (ie. the activity is free of charge). The total score is simply the sum of all ratings (3 x 29 = 87). The total possible score is the highest allowable rating for independence (4) multiplied by the number of aspects rated excluding any non-applicable aspects (4 x 29 = 116). Therefore the individual receives a

score of 87/116 on the LRBE.

Leisure behaviors may be defined as socially appropriate activities that are performed willingly, for their own sake, are self initiated and are enjoyed. Recreation behaviors may be defined as activities that are performed for the benefit the activity brings, promises to bring or is assumed to bring. Leisure-education activities are part of a training curriculum and have the potential to become leisure activities. The user may evaluate any of these types of observed behaviors on the LRBE.

The LRBE was designed to evaluate an individual's level of independence along 30 major aspects of leisure or recreation behavior. The evaluation allows care staff to monitor client progress in an activity, identifies areas requiring further education and support and may provide a basis for individual leisure or recreation programs.

LEISURE AND RECREATION BEHAVIOR EVALUATION (LRBE)

QUALIFICATIONS

To qualify for filling out the LRBE, the user must be a direct service provider, and must have known the person for whom the LRBE is being done (individual), for at least three months. The person knowing the individual best is considered the most qualified. The user may consult with other direct service providers regarding activities of the individual but must have assurance that the indicated activity has actually been observed to have been done by the client. Individuals should not be asked about their leisure or recreation activities. All information provided must be based on actual observations and these observations must be based on behavior that occured within one year.

INSTRUCTIONS

1. Carefully read all instructions.

2. Identify a particular leisure or recreation activity of a particular individual for evaluation and fill in information on face sheet.

4. Carefully read through the 30 aspects to be rated on the face sheet and read through the rating scale below.

5. Use the rating scale provided on the LRBE to rate the activity for each of the 30 aspects from 1 to 4. Enter the number beside the aspect on the face sheet in the spaces provided. If an aspect is irrelevant to the activity write N/A in the space provided.

6. Add up the Total Score and the Total Possible Score and place at the bottom of the face sheet.

LEISURE AND RECREATION BEHAVIOR EVALUATION

Date _____

Rater's Name _____

Rater's Position _____

Name of Program Unit _____

Client's Name (or File Number) _____

Activity _____

Rating Scale:

1. Complete dependence upon others with no apparent recognition of the meaning of the activity
2. Mostly dependent upon others although individual may have some comprehension of the activity
3. Sometimes dependent upon others
4. Complete independence as expected of an adult

N/A - Aspect not relevant to the activity

Rate 1-4	Aspect
	I. Activity
	Has the appropriate skills, coordination and poise
	Knows/applies the required rules
	Displays required stamina and motivation
	Appropriately uses all required instruments
	Maintains attention for duration of activity
	II. Preparation and Planning
	Appropriately prepares for all transportation needs and uses all required transportation systems
	Comprehends all financial needs and plans appropriately
	Arranges when, where and with whom the activity will takes place
	Seeks and secures all necessary information for activity to take place
	Arranges for and coordinates all aspects of an activity

LEISURE AND RECREATION BEHAVIOR EVALUATION Cont...

Rating Scale:

1. Complete dependence upon others with no apparent recognition of the meaning of the activity
2. Mostly dependent upon others although individual may have some comprehension of the activity
3. Sometimes dependent upon others
4. Complete independence as expected of an adult

N/A - Aspect not relevant to the activity

Rate 1-4	Aspect
	III. Awareness of Community Structure
	Is aware of relationships among players/actors/competitors
	Is aware or is affiliated with leagues, associations and clubs
	Discriminates among rules of all participants (players/actors, coaches/producers, friends, etc)
	Knows of or participates in regional, national, inter-national levels of organization
	Understands the overall rules of actors/players and functions of rules and regulations
	IV. Communication Skills
	Appropriately uses gestures and sounds
	Logically sequences expressions to yield easy communication flow
	Appropriately uses words, metaphors and idioms
	Distinguishes between formal and familiar expressions
	Appropriately addresses persons
	V. Social Interaction
	Discriminates and appropriately uses public and private behavior
	Participates with others in considerate but assertive manner
	Maintains appearance according to situation and acceptable community standards
	Discriminates among social contexts
	Initiates social interaction without being intrusive

LEISURE AND RECREATION BEHAVIOR EVALUATION Cont...

Rating Scale:

1. Complete dependence upon others with no apparent recognition of the meaning of the activity
2. Mostly dependent upon others although individual may have some comprehension of the activity
3. Sometimes dependent upon others
4. Complete independence as expected of an adult

N/A - Aspect not relevant to the activity

Rate 1-4	Aspect
	VI. Coping - Management of Feelings
	Appropriately modulates affect showing a variety of emotions
	Reacts to and resolves conflicts constructively
	Maintains or returns to emotional balance and stability
	Responds to situations with appropriate emotion
	Successfully uses coping strategies to manage feelings
	Total Score Total Possible Score